



Yogi Impressions®

# CATALOGUE 2025







## Celebrating 25 Years of Yogi Impressions

It feels incredible to **reflect on the journey of the past 25 years** since Yogi Impressions came into being.

We are honored to have been the publishers of works by some of the most inspiring authors and spiritual masters, including **Ramesh Balsekar, Eckhart Tolle, Deepak Chopra, Joseph Campbell, Dr. Jason Fung, Santosh Sachdeva, Rohit Arya**, and many others.

A heartfelt thank you to the publishers who have entrusted us with the rights to their remarkable titles in India—**especially Marc Allen and the team at New World Library.**

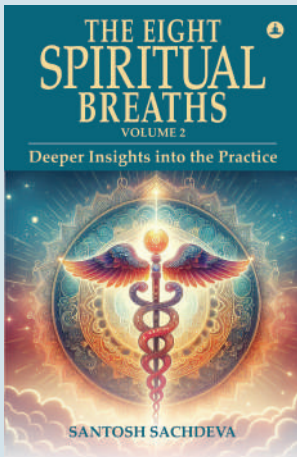
We are deeply grateful to the book distributors, bookstores, and printers who have been invaluable partners throughout this journey.

And most importantly, to you, our beloved readers, thank you for your unwavering support. You have empowered us to share wisdom and transform the lives of countless individuals through the books we publish.

Here's to many more years of inspiration and growth!

With gratitude,  
**The Yogi Impressions Team**

Note: Prices/offers on our website and in our catalogue are subject to change without notice.



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## The Eight Spiritual Breaths Vol. 2

### SANTOSH SACHDEVA

#### *Deeper Insights into the Practice*

This book is the culmination of a discipline practised by the lamas in Tibet for ages—a series of eight scientific spiritual breaths—and introduced to the West and the rest of the world by Edwin John Dingle. Its precursor, *The Eight Spiritual Breaths: Breathing Exercises and Affirmations That Transform Your Life*, was published in 2012 and inspired aspirants to pursue the online course conducted by the author, Santosh Sachdeva. Enthused by their testimonies, she started delving deeper into the technical aspects of how the practice was causing significant changes in the body, mind and spirit, which inspired her to write this work.

As the subtitle, *Deeper Insights into the Practice*, suggests, this book will help practitioners dive deeper into the working of the breaths, especially their rejuvenating effect on the brain and the flow of *prana*. They will learn to value and appreciate more and more how scientific, subtle and deep this course is. For some, it may make their life journey fuller and more easily manageable, whereas for others, it may provide the answer to the eternal question, 'Who am I?'

**All that you are doing is to find out  
what life is, what the origin of life is,  
and what the continuation of life is—  
what it is that causes it all.**

—Swami Ramanathanji



## The Wisdom Of The Shamans

DON JOSE RUIZ

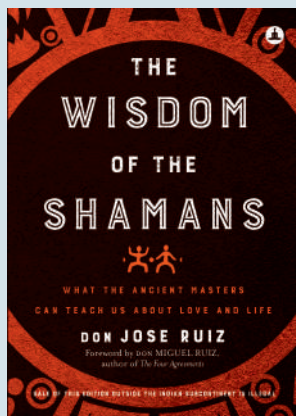
*What the Ancient Masters Can Teach Us about Love and Life*

For generations, Toltec shamans have passed down their wisdom through teaching stories. The purpose of these stories is to plant a seed of knowledge in the mind of the listener, where it can grow and bloom into a new and better way of life.

In *The Wisdom of the Shamans*, Toltec shaman and master storyteller don Jose Ruiz shares some of the most popular stories from his family's oral tradition, and offers lessons that illustrate the larger ideas within each story.

According to Ruiz, this ancient wisdom is not reserved for a chosen few initiates; instead, it is a powerful series of lessons on love and life that are available to us all. To that aim, he has included exercises, meditations, and shamanic rituals to help you experience the personal transformation these teachings offer.

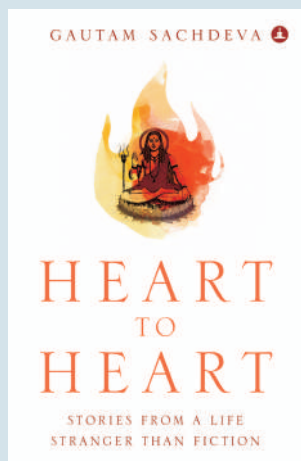
The shamans taught that the truth you seek is inside of you. Let these stories, lessons, and tools be your guide to finding the wisdom that lives within.



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*In The Wisdom of the Shamans, Don Jose Ruiz,  
my second son, shares the sacred teachings  
of our family's shamanic tradition.*

—Don MIGUEL RUIZ, author of *The Four Agreements*



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## Heart to Heart GAUTAM SACHDEVA

### *Stories From a Life Stranger Than Fiction*

This book is a collection of essays on those aspects of Gautam Sachdeva's life's journey that fall largely into three categories: the places having sacred or religious associations that he was led to, incidents from his life as a spiritual book publisher, and his spiritual journey.

Gautam's spiritual teacher and Advaita master, Ramesh Balsekar, would often say, "Life is stranger than fiction." In his case, it couldn't be truer. He found himself miraculously being guided to places with spiritual associations and, what's more, his visits to these hallowed sites were providentially made easy for him!

Although he had no plans to get into the 'business' of publishing spiritual books, fate dealt Gautam a different hand. His experiences as a publisher, both positive as well as negative, are candidly shared by him for the benefit of the reader.

Gautam's depiction of his spiritual journey includes the time spent with his spiritual mentor as well as other masters from different traditions who would play a significant role in his evolution. It not only gives us an insight into various sacred places and spiritual traditions but also lets us be privy to his inner landscape, founded on the Indian philosophy of Advaita, and the lineage that he has been following and espousing through his talks and books. The reader will find that the precious teaching of Advaita runs through the book like a thread on which pearls of wisdom are strung.

What has been handed down from master to master will travel to your Heart too through Gautam's latest offering.

## The PCOS Plan

NADIA BRITO PATEGUANA, ND

JASON FUNG, MD

### *Prevent and Reverse Polycystic Ovary Syndrome through Diet and Fasting*

POLYCYSTIC OVARY SYNDROME (PCOS) is the most common reproductive disorder worldwide. It affects up to 20 percent of women of reproductive age, almost half of them unable to conceive. PCOS is also associated with higher risks of heart disease, ovarian and endometrial cancers, and type 2 diabetes. Yet, PCOS can be prevented and reversed naturally.

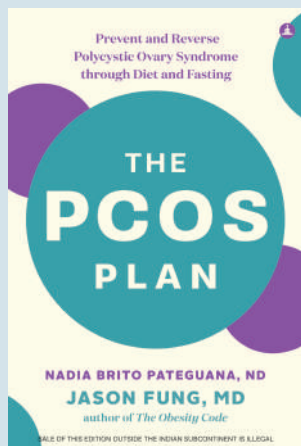
Backed by science and personal experience, *The PCOS Plan* clearly explains:

- What PCOS is and how it affects the body
- Why a low-carb diet and intermittent fasting are effective solutions
- How to get started, with 50 keto recipes and a variety of menu plans

This comprehensive guide provides the practical tools and advice women need to get healthy and overcome infertility.

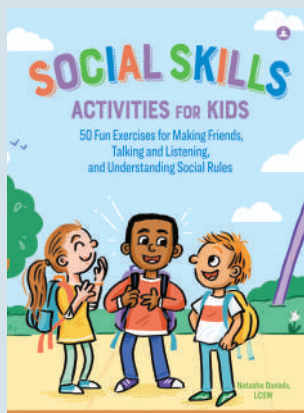
**NADIA BRITO PATEGUANA, ND**, helps people with metabolic syndrome, including women with PCOS, overcome infertility through dietary changes. She is a graduate of the Canadian College of Naturopathic Medicine and has been in clinical practice for more than 15 years.

**JASON FUNG, MD**, is one of the world's leading experts on fasting to lose weight and reverse diabetes. He is the author of several best-selling books, including *The Obesity Code* and *The Diabetes Code*. Between them, these two books have sold nearly one million copies worldwide.



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## Social Skills Activities For Kids

NATASHA DANIELS, LCSW

### *50 Fun Activities for Making Friends, Talking and Listening, and Understanding Social Rules*

WHAT ARE THE DOS AND DON'TS for making and keeping friends? How can you decode body language clues? What's the best way to keep a conversation going? Just like learning multiplication tables, social skills don't come naturally—every child has to learn them. Luckily, this book makes mastering social skills super fun with 50 awesome activities.

*Social Skills Activities for Kids* gives children the confidence to successfully navigate social situations at home, at school, and in the world in between. From keeping the conversation ball moving to learning to compromise to practicing good table manners, these engaging activities help kids develop and use their social skills superpowers.

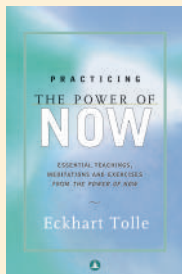




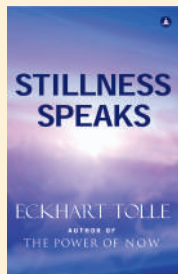
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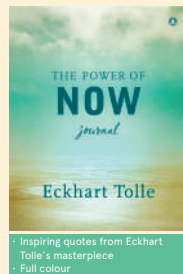
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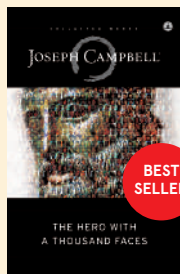
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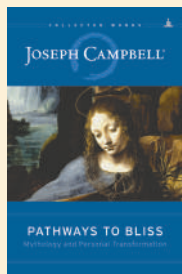
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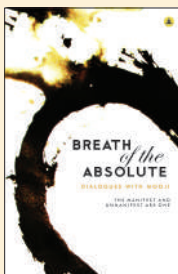
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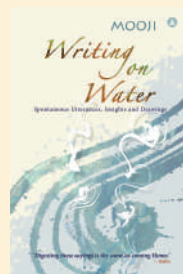


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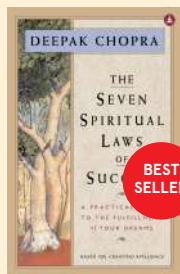


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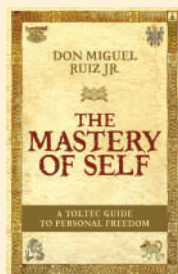
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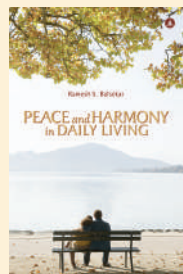
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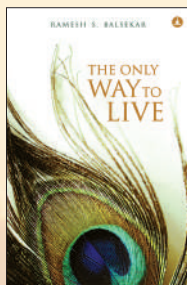


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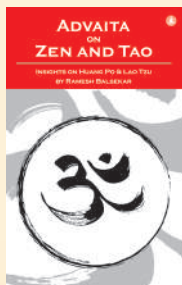
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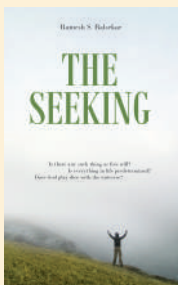
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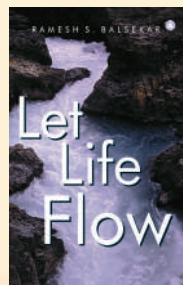
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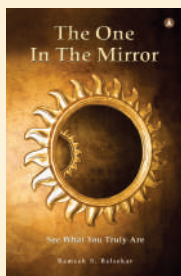
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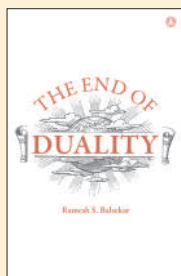


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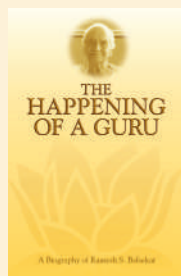
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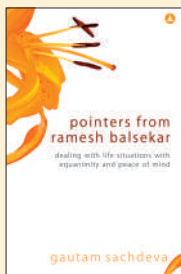
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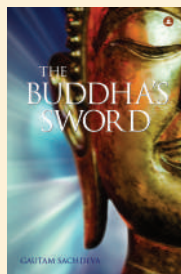
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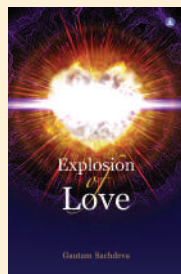
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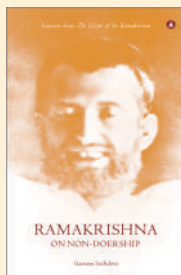
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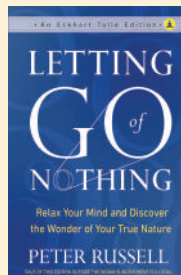
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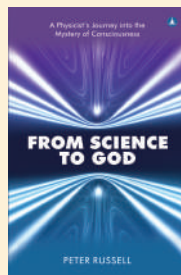
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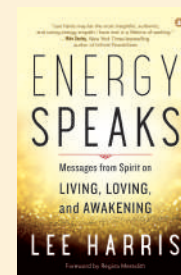
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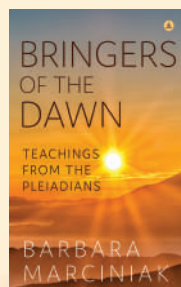
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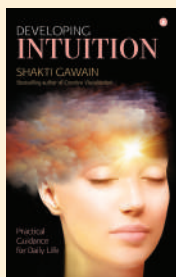


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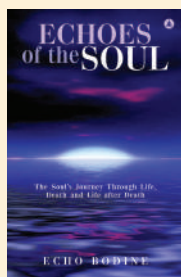




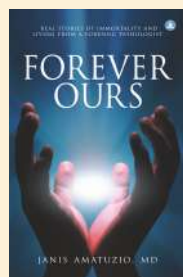
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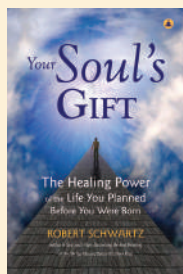
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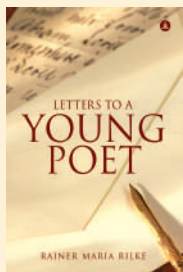
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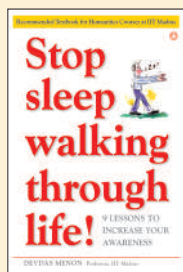
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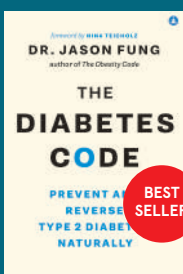
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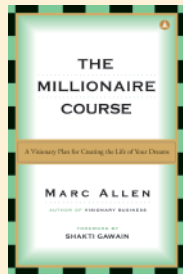
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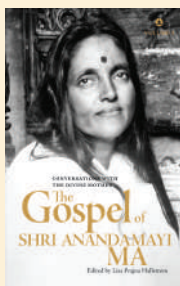
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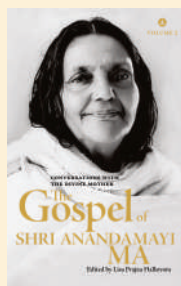
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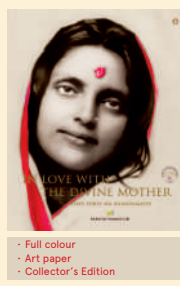
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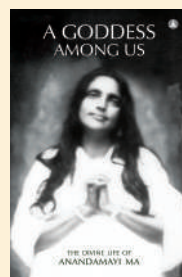
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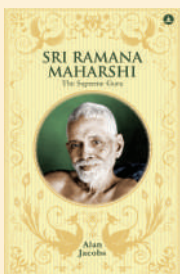
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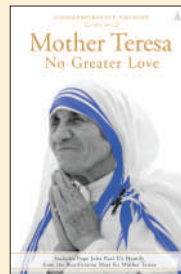
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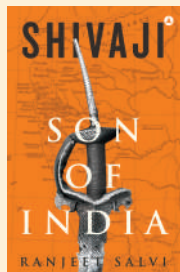
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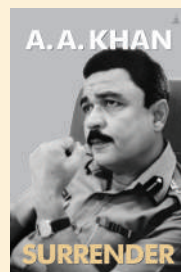
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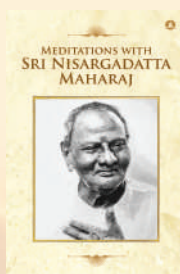
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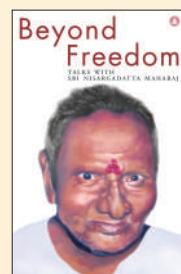
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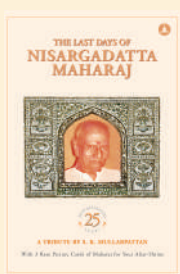
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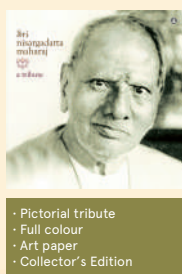
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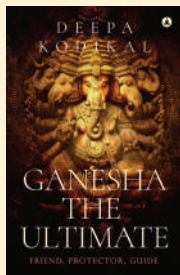


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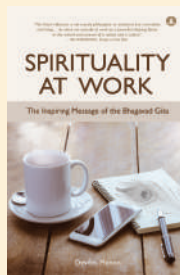




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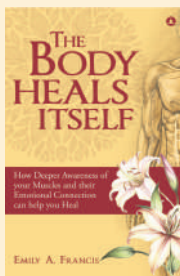
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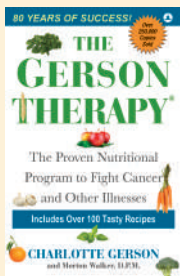
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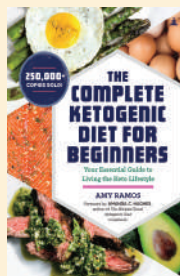
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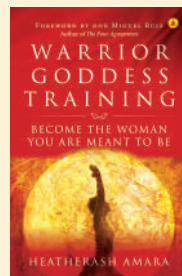
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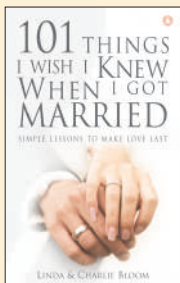
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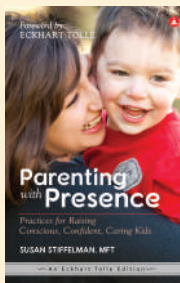
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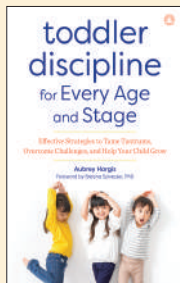
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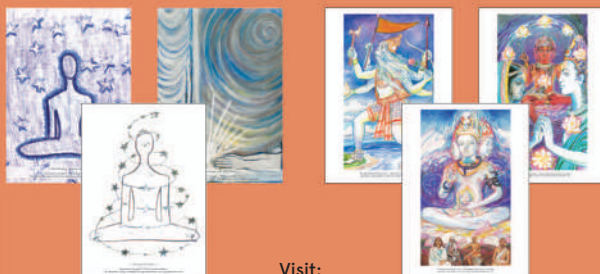


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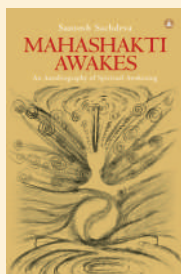
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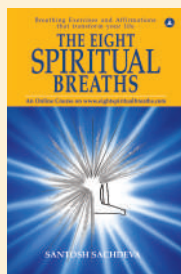
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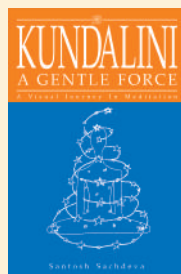
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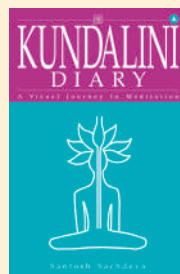
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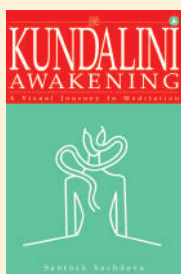
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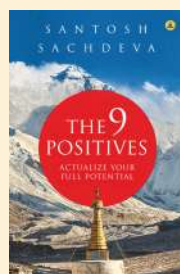
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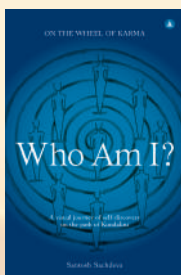
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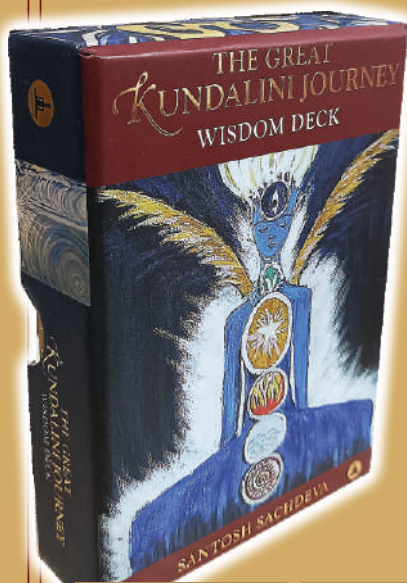


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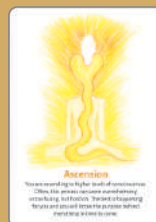
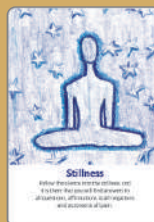
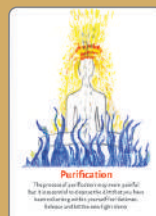
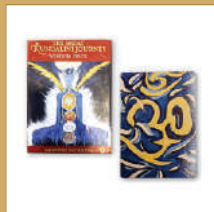
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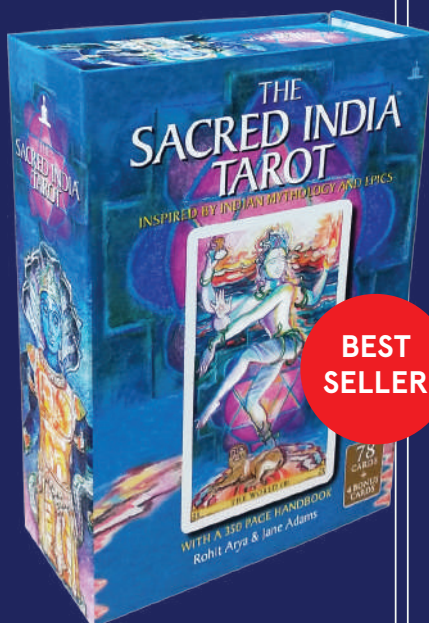
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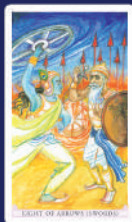
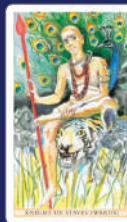
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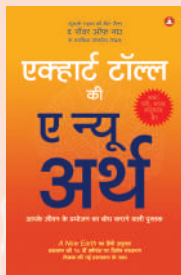






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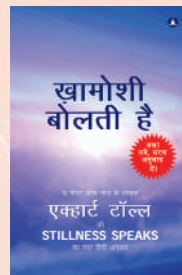
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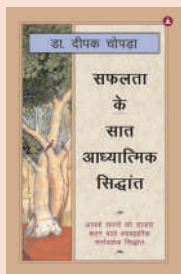
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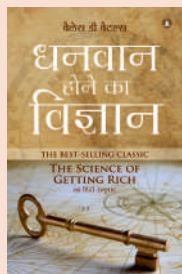
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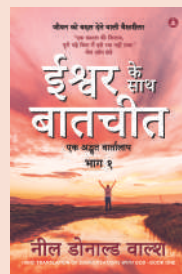
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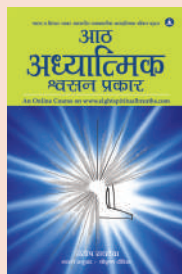
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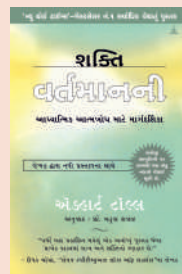
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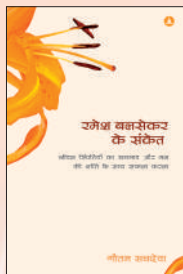
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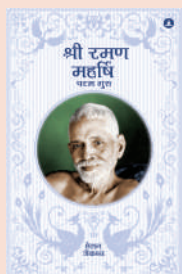
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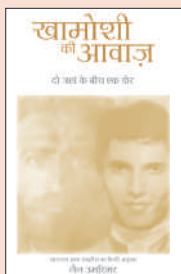
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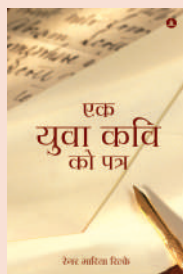
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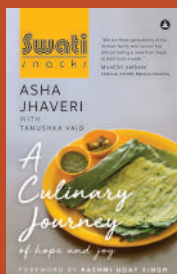
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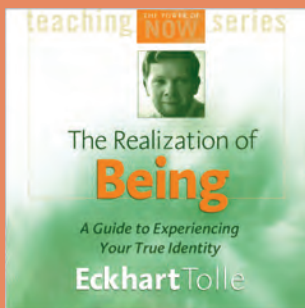
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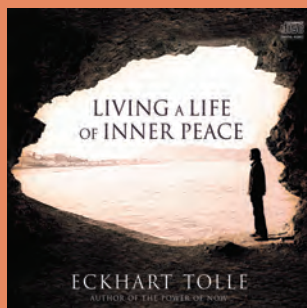


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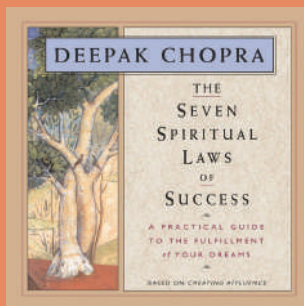


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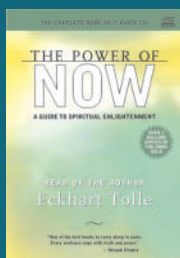


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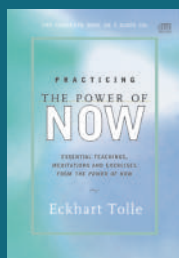
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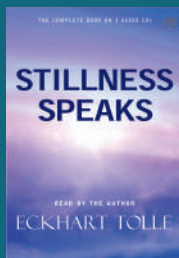
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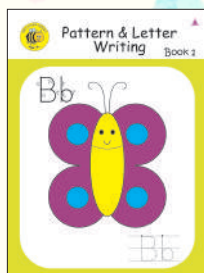
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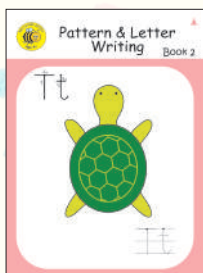
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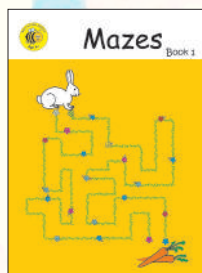
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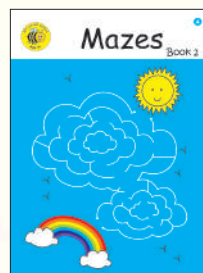
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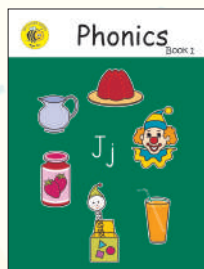
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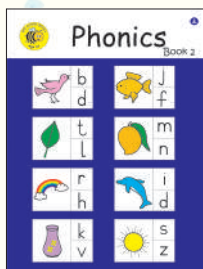
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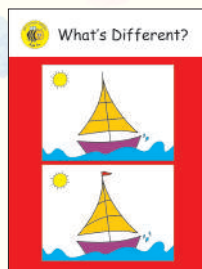
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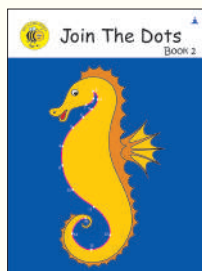
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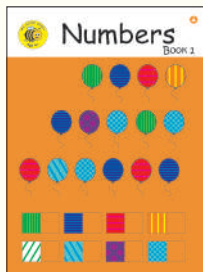


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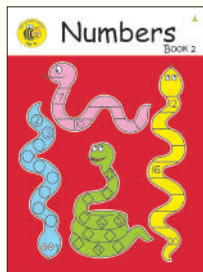




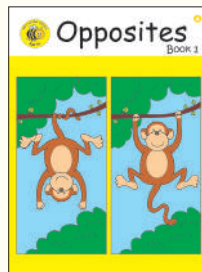
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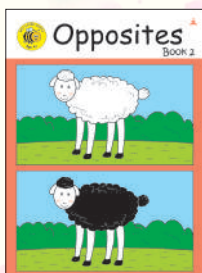
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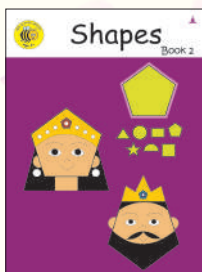
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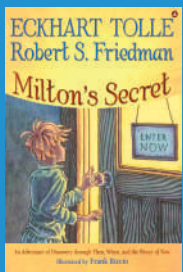
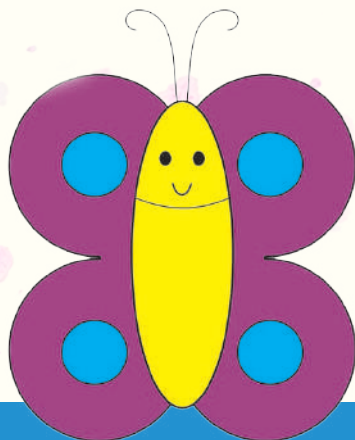
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